#### WHAT IS CLAIMED IS:

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1. A bench top grill assembly, comprising:

a grilling channel;

heat source means for generating at grilling energy on at least two sides of sides of said grilling channel;

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means for providing a lateral access to said heat source so that an item to be grilled may be introduced through at least one lateral end of said grilling channel; and said heat source means including control circuit safety means for controlling an electrical energy supply to said heat source means, whereby during a use of said assembly a utensil introducing said item to be grilled is sensed engages said safety means and enables or disables a grilling.

2. A bench top grill assembly, according to claim 1, wherein:

said control circuit safety means includes at least one of a timing circuit, an arc-fault detector, a temperature selector, a tilt-detector, and a means for activating said heat source means upon said insertion of said item to be grilled into said grilling channel, and a means for deactivating said heat source means upon a removal of said item to be grilled, whereby user safety is increased.

3. A bench top grill assembly, according to claim 2, further comprising:

a support table spacing at least said grill body from an external work surface; said support table is at least one of a rotatable support and a fixed support; at least one recess on a surface of said support table; and

said at least one recess shaped to receive at least one of said bench top grill, a grilling utensil, a condiment, a condiment assembly, and at least one condiment

container, whereby said at least one recess minimizes a shifting of said one relative to said surface during said use and a transport thereby increasing a convenience and a safety of said bench top grill kit.

## 4. A bench top grill kit, comprising:

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a grilling channel in a grill body;

heat source means in said grill body for generating at grilling energy on opposing sides of said grilling channel;

means for providing a lateral access to said heat source so that an item to be grilled may be introduced through at least one lateral end of said grilling channel;

a support table spacing at least said grill body from an external work surface; said support table is at least one of a rotatable support and a fixed support; a grilling utensil for holding said item within said grilling channel to receive said grilling energy on opposing sides; and

guard means for providing a divided access between said grilling channel and said heat source means, whereby said guard means allows said grilling energy to be directed inwardly to said grilling channel while preventing a tool end of said grilling utensil access to said heat source means.

## 5. A bench top grill kit, according to claim 4, wherein:

said heat source means includes at least a circuit means for supplying an electrical current to said heat source means.

#### 6. A bench top grill kit, according to claim 5, further comprising:

safety means for sensing and activating said heat source means upon a lateral insertion of said item to be grilled in said grilling channel and for sensing and

deactivating said heat source means upon a removal of said item to be grilled, whereby user safety is increased.

## 7. A bench top grill kit, according to claim 6, wherein:

said circuit means includes at least one of a timer, a temperature indicator, an operation indicator, an arc-fault detector, and a tilt detector.

## 8. A bench top grill, comprising:

a main body unit defining at least a first grilling channel;

at least two surfaces bounding said grilling channel;

at least two of said at least two surfaces opposing each other;

at least two heating elements proximate respective said at least two bounding surfaces providing a grilling thermal energy inwardly to said at least first grilling channel during a use;

means for providing a lateral access to said grilling surfaces so that an item to be grilled can be introduced through one lateral end to be positioned proximate said heating elements;

means for detecting an insertion of an items to be to be grilled into said grilling channel and for detecting a removal of said item from said grilling channel; and

said means for detecting including means for actuating at least one of said heating elements upon a detection of said insertion of said item to be grilled thereby enabling said item to be grilled, and for deactivating said at least one of said heating elements upon said removal of said item from said grilling channel thereby providing a safe deactivation of said bench top grill.

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#### 9. A bench top grill, according to claim 8, wherein:

said means for detecting includes at least one of a pressure contact switch, an optical detecting switch, a grilling channel insertion guard inhibiting said lateral access, and a pivotable contact switch actuating upon a contact from said item to be grilled.

## 10. A bench top grill, according to claim 8, wherein:

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said at least two surfaces being positioned vertically relative to an external support surface for said bench top grill.

#### 11. A bench top grill, according to claim 10, wherein:

said means for providing a lateral access includes at least one lateral opening in said grilling channel, whereby said means for providing enables at least a single sided user access.

#### 12. A bench top grill, according to claim 10, wherein:

said means for providing a lateral access includes at least two opposing lateral openings in said grilling channel, wherein said means for providing enables at least a two-sided user access to said grilling channel.

#### 13. A bench top grill, according to claim 8, wherein:

said at least two heating elements including at least one of an electrically resistive element, a combustion gas element, and a photonic-based element.

# 20 14. A bench top grill, according to claim 8, further comprising: at least a first and a second safety guard;

each said safety guard being at least one of a removable and a non-removable guard; and

each said safety guard spacing respective ones of heating elements from said grilling channel, whereby said safety guards enable an increased safety of said bench top grill.

15. A bench top grill, according to claim 14, further comprising:

at least a first bottom surface of said grilling channel;

said bottom surface being perpendicular to at least one of said at least two heating elements; and

said bottom surface including at least one of a non-porous surface, a non-stick coated surface, a recessed dripping-catch-zone, and a dish washer safe surface.

16. A bench top grill, according to claim 14, further comprising:

at least a first utensil support; and

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said at least first utensil support being at least one of a removable and a non-removable utensil support.

17. A bench top grill, according to claim 16, wherein:

said means for detecting includes at least one of a pressure contact switch, an optical detecting switch, a grilling channel insertion guard inhibiting said lateral access, and a pivotable contact switch actuating upon a contact from said item to be grilled.

18. A bench top grill, according to claim 17, wherein: said means for detecting includes said pressure contact switch; and

said means for detecting and said means for actuating includes said utensil support positioned engagably with said pressure contact switch, whereby during said use said means for providing lateral access enables a user to position said item to be grilled and an item-supporting utensil on said utensil support thereby engaging said means for detecting and said means for actuating and enabling said item to be grilled.

## 19. An bench top grill, comprising:

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a main body unit including at least a first grilling channel;

said at least first grilling channel bounded on at least three sides;

at least one of said three sides being a vertical side relative to an external main body unit support surface and said at least one side opposing at least one of said two remaining sides of said grilling channel;

a first and a second heating element;

at least one of said heating elements being proximate said vertical side; and each said heating element projecting a grilling thermal energy into said grilling channel during a use, whereby an item-to-be grilled positioned within said grilling channel by a user receives said grilling thermal energy from two directions during said use.

#### 20. A bench top grill, according to claim 19, further comprising:

a first and a second safety guard;

each said safety guard spacing said grilling channel from respective said heating elements; and

respective said safety guards permitting a transmission of said thermal energy from respective said heating element into said grilling channel while prohibiting a user access or a food-item access to said heating elements, thereby increasing a user safety of said bench top grill.

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#### 21. A bench top grill, according to claim 19, wherein:

said grilling channel is a channel transverse to said main body unit allowing a three sided user access to said grilling channel, thereby providing a convenient duel-sided user access to said bench top grill.

## 22 A bench top grill, according to claim 21, further comprising:

means for enabling a removal and a secure reinstallation of respective said safety guards; and

said means for enabling including at least a grasping means on respective said safety guards for facilitating a secure user-grip during a removal and a reinstallation, whereby said guards are easily cleaned after each use and a user convenience is increased.

#### 23. A bench top grill, according to claim 20, further comprising:

a non-stick coating on each said safety guard, thereby facilitating quick and easy cleaning of said safety guards after said use.

# 24. A bench top grill, according to claim 20, wherein:

each respective said safety guard is a wire grid guard, whereby respective said wire grid guards provide a divided access to respective said heating elements thereby improving a user safety while permitting a user to visually confirm heating element operation.

#### 25. A bench top grill, according to claim 19, wherein:

respective ones of said heating elements are at least one of an electrically resistive-based heating element, a combustion-based heating element, a photonic-based element, and a combination of selected ones of the same; and

said bench top grill includes at least one energy control circuit means for controllably supplying an energy supply to said heating elements during said use, thereby improving user safety of said bench top grill.

#### 26. A bench top grill, according to claim 25, further comprising:

at least a first means for switchably controlling an operation of said energy control circuit means, whereby said means for switchably controlling enables an activation and a deactivation of said energy control means, thereby increasing a user and a grill safety.

## 27. A bench top grill, according to claim 26, wherein:

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said means for switchable controlling includes a user engagement means for engaging said means for controlling and said energy control circuit upon a user-insertion of said item-to-be grilled into said grilling channel, and for disengaging said means for controlling and said energy control circuit upon a user-removal of said item to-be-grilled from said grilling channel.

## 28. A bench top grill, according to claim 26, wherein:

said means for switchably controlling includes at least one of a timer circuit, a pressure contact circuit, a photo sensor circuit, and an on-off switch.

29. A bench top grill, according to claim 26, further comprising: at least one utensil support in said bench top grill; and

said utensil support being at least one of a removable and a non-removable utensil support.

30. A bench top grill, according to claim 29, wherein:

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- said utensil support is proximate at least a first end of said grilling channel; a pressure contact switch in said means for switchably controlling; and said utensil support engaging said pressure contact switch upon receiving a user utensil in said grilling channel during said use and disengaging said pressure contact switch upon a removal of said user utensil from said grilling channel, whereby said use triggers said contact switch and said means for switchably controlling thereby increasing a user safety and convenience.
- 31. A bench top grill, according to claim 19, further comprising:

  at least a first bottom surface defining a bottom of said grilling channel;

  said first bottom surface perpendicular to each said vertical side; and

  said first bottom surface being at least one of a smooth surface, a non-stick

  surface, a recessed dripping catch zone, and a dishwasher safe surface.
  - 32. A bench top grill, according to claim 31, further comprising: a removable drip-catching container;

said bottom surface supporting said removable drip-catching container proximate said bottom of said grilling channel, whereby said container is easily removed by a user for cleaning improving a user convenience of said bench top grill.

33. A bench top grill, according to claim 19, further comprising:a first and a second safety guard providing a divided access to said heating

elements, each said safety guard spacing said grilling channel from respective said heating elements; and

said grilling channel shaped to allow a multiple user access to said grilling channel, thereby providing a convenient optional user access to said bench top grill.

## 34. A bench top grill, according to claim 33, further comprising:

at least a first and a second utensil rest operably positioned on opposing sides of said grilling channel.

## 35. A bench to grill, according to claim 34, further comprising:

at least one electronic control circuit supplying an electric current to said heating elements during said use; and

at least one pressure sensing switch in said control circuit, whereby when said switch is activated, said circuit is completed and said heating elements operate to grill a food item placed within said at least first grilling channel.

#### 36. A bench top grill, according to claim 35, wherein:

at least one of said at least first and second utensil rests activating said at least one pressure sensing switch when receiving a weight of a user's utensil and activating said heating elements and deactivating said pressure sensing switch when said utensil is removed, thereby increasing a user safety of said bench top grill.

# 37. An bench top grill, according to claim 19, wherein:

each said heating element has a concave shape relative to respective said sides; and

said opposing concave shaped heating elements forming a heating center

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nexus zone proximate a mid-region of said grilling channel, whereby a thermal energy distribution in said grilling channel is concentrated in said nexus zone enabling a faster grilling in said zone during a use and increasing a user satisfaction.

#### 38. A bench top grill, according to claim 37, wherein:

each said heating element includes at least one nichrome wire element supported by an electrically insulated member.

## 39. A bench top grill, comprising:

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a main body unit defining at least a first open grilling channel; said grilling channel bounded on at least three sides by said main body unit; said at least three sides including at least a one vertical side relative to a grill support surface;

guard means for spacing a respective heating element from respective sides of said grilling channel; and

said at least two of said respective sides of said grilling channel being ones of respective parallel sides and adjoining sides, whereby during a use, said heating elements operate to grill an item-to-be grilled positioned within said grilling channel along at least two sides.

# 40. A bench top grill, according to claim 39, further comprising:

at least one control circuit providing an energy supply to said heating elements; and

said heating elements having at least one of a planar and a non-planar shape;

## 41. A bench top grill, according to claim 40, wherein:

said heating elements have a non-planar convex shape relative to said grilling channel, whereby said non-planar shapes generate a grilling zone within said grilling channel during said use, thereby generating a grilling temperature spectrum within said grilling channel enabling a user to select a preferred grilling temperature during said use.

#### 42. A bench top grill, according to claim 41, further comprising:

at least one pressure contact switch in said at least one control circuit;

at least one utensil support proximate said grilling channel;

said utensil support transmitting a user-utensil support pressure to said pressure contact switch during said use, whereby said user connects said control circuit with said support pressure and activates a safe grilling of an item positioned within said grilling channel.

#### 43. A bench top grill, comprising:

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a main body unit;

said main body unit defining at least a first grilling channel;

at least a first and a second side of said channel projecting upwardly in said grilling channel relative to an external grill support surface;

a first and a second grilling element;

means for removably positioning a guard grill in said channel and spacing said grilling channel from said first and second grilling elements; and

said at least first and second grilling elements positioned in at least one of opposing parallel positions and perpendicularly adjoining positions, whereby an item being grilled receives thermal energy from at least two directions during a use.

## 44. A bench top grill, according to claim 43, further comprising:

means for engaging and disengaging an operation of said grilling elements during said use; and

said means for engaging and disengaging including at least one of a user support, an optical grilling utensil detector, a circuit control switch, a pressure sense switch, and a timer switch, whereby during said use, said means for engaging and disengaging increases a user safety during a bench top grill use.

## 45. A bench top grill kit, comprising:

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a bench top grill and at least one utensil;

said bench top grill further comprising:

a main body unit defining at least a first grilling channel;

said first grilling channel having at least a first and second opposing side;

at least a first and a second heating element in said grilling channel proximate respective said opposing sides;

means for providing a lateral access to said heating elements so that an item to be grilled may be introduced through at least one lateral end of said first grilling channel and positioned proximate said heating elements; and

said first and second sides of said grilling channel being one of respective parallel sides and adjoining sides.

# 46. A bench top grill kit, according to claim 45, further comprising:

guard means for spacing said heating elements from said first grilling channel, whereby a safety of said bench top grill kit is improved.

47. A bench top grill kit, according to claim 46, wherein:

said guard means includes at least one of a pair of opposing guard members and a continuous guard member;

each said wire grid guard members having a first wire grid size;

a gripping end and a tool end on said at least one utensil; and

said tool end being at least one of a single-pronged end, a multi-pronged end, a basket container end, a toothed gripping end, whereby a user may grill a plurality of food items safely within said channel and increase a utility of said grill kit.

## 48. A bench to grill kit, according to claim 47, wherein:

said tool end is said multi-pronged end having an outer width dimension; and said outer width dimension is greater than said first wire grid size, whereby said guard means prevents said tool end from contacting respective said heating elements, and a user safety and a grill durability are increased.

# 49. A bench top grill assembly, comprising:

a grilling channel;

heat source means for generating at grilling energy on opposing sides of said grilling channel;

means for providing a lateral access to said heat source so that an item to be grilled may be introduced through at least one lateral end of said grilling channel;

a support table spacing at least said grill body from an external work surface; said support table is at least one of a rotatable support and a fixed support; at least one recess on a surface of said support table; and

said at least one recess shaped to positionably receive at least one of said bench top grill, a grilling utensil, a condiment, a condiment assembly, and at least

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one condiment container, whereby said at least one recess minimizes a shifting of said one relative to said surface during said use and a transport thereby increasing a convenience and a safety of said bench top grill kit.

## 50. A bench top grill assembly, according to claim 49, further comprising:

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at least one utensil for positioning said item to be grilled in said grilling channel; and

said heat source means including control circuit safety means for activating said heat source means upon said insertion of said item to be grilled into said grilling channel and for deactivating said heat source means upon a removal of said item to be grilled, whereby user safety is increased.